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| **KIND OFF WORKOUT** | **SUPERSETS WORKOUT** |
| **PERIODEN** |  |
| **GOAL WORKOUT** | **STRENGHT AND ENDURANCE** |
| **FULLBODY/SPLIT** | **FULLBODY** |
| **WORKOUT METHOD** | **SUPERSETS UPPERBODY & LOWERBODY** |
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|  |  | **REPS:** | **SETS:** | **WHEIGHT:** | **PAUSE:** | **TEMPO:** |
|  | **WARMING-UP & RUNNING OUTDOOR** |  |  |  |  |  |
| **1** | **DUMBELL GOBLET SQUATS** | **8** | **3** |  |  | **3-1-2-1** |
| **2** | **PUSH-UPS** | **Max-2** | **3** |  | **40s** | **2-2-2** |
|  |  |  |  |  |  |  |
| **1** | **BANDED DEADLIFT** | **8** | **3** |  |  | **3-1-2-1** |
| **2** | **BANDED REVERSE FLY** | **8** | **3** |  | **40s** | **2-2-2-1** |
|  |  |  |  |  |  |  |
| **1** | **DUMBELL LUNGES FORWARD** | **2x6** | **3** |  |  | **2-2-3** |
| **2** | **DUMBELL CURL AND PRESS** | **8** | **3** |  | **40s** | **2-1-3-1** |
|  |  |  |  |  |  |  |
| **1** | **DUMBELL BENT OVER ROW** | **8** | **3** |  |  | **2-2-2-1** |
| **2** | **V-UPS** | **8** | **3** |  | **40s** | **2-1-3-1** |

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| **SUPERSETS   Workout 1 + 0 sets +0 reps  Workout 2 + 0 sets +2 reps  Workout 3 + 0 sets +4 reps Workout 4 + 0 sets +6 reps Workout 5 + 1 set +0 reps Workout 6 + 1 set +2 reps  Workout 7 + 1 set +4 reps Workout 8 + 1 set +6 reps** |

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| **OUTDOOR RUNNING  Workout 1 6 MINUTES Workout 2 7 MINUTES Workout 3 8 MINUTES Workout 4 9 MINUTES Workout 5 10 MINUTES Workout 6 11 MINUTES Workout 7 12 MINUTES Workout 8 13 MINUTES** |